



Proclamation

OF THE BOARD OF SUPERVISORS OF THE COUNTY OF EL DORADO

Diabetes Awareness Month

WHEREAS, Diabetes is a chronic disease that causes a person's blood sugar level to be abnormally high due to the body's lack of insulin or inability to use insulin, a hormone produced in the pancreas, which regulates blood sugar; and

WHEREAS, Diabetes is a leading cause of death in the United States and results in both disability and tremendous treatment costs. More than 30 million Americans were estimated to have diabetes in 2015 and nearly ¼ of them were not aware that they had the disease; and

WHEREAS, More than 10,000 adults in El Dorado County are estimated to have diabetes, including a significant proportion who are unaware that they have the disease; and

WHEREAS, The many consequences of diabetes can be very serious if the disease is not controlled, such as cardiovascular disease that can result in heart attack or stroke, kidney damage that can require dialysis, nerve damage that can lead to lower limb amputation, and retinal damage to the eye that can cause blindness; and

WHEREAS, The most common type of diabetes is Type 2. It can affect anyone, but usually develops during adulthood among people who have risk factors such as being overweight, obese, or inactive; or having abnormal blood cholesterol levels, high blood pressure, or a family history of diabetes; and

WHEREAS, Roughly one-third of American adults have prediabetes -- a condition in which their blood sugar levels are higher than normal, but not high enough to be diagnosed with diabetes; and

WHEREAS, Many diabetes risk factors can be modified to reduce the development of prediabetes, progression from prediabetes to diabetes, or the severity of the disease once it is diagnosed; and

WHEREAS, The Board of Supervisors encourages all El Dorado County residents to know their risk factors for diabetes by talking with their doctors or taking an online Type 2 Diabetes risk test such as one from the American Diabetes Association: <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>. Seek evaluation by a medical professional if recommended based on your risk factors. To keep your risk of diabetes developing or progressing as low as possible, lose weight if you are overweight, be active on most days, eat well, and avoid tobacco use. Help in creating healthy meals is available at www.choosemyplate.gov.

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of the County of El Dorado recognizes November 2017 as Diabetes Awareness Month and calls upon all citizens, governmental agencies, public and private institutions, businesses, hospitals, clinics, and schools in El Dorado County to increase public awareness of diabetes treatment and prevention and promote a greater understanding reducing risk factors.

Passed and adopted by the Board of Supervisors of the County of El Dorado at a regular meeting of the Board, held the ___ day of November, 2017.

Attest:

James S. Mitrison

Clerk of the Board of Supervisors

By: _____

Deputy Clerk

By: _____

Chair, Board of Supervisors